

SIX CORE ELEMENTS TO THRIVING WITHOUT LIMITS

THE DEFINITIVE 6-STEP SOLUTION TO
HEALTH AND WELLNESS FOR YOUR
BODY AND MIND



**Are you starting to notice that you groan
when you get out of a chair?**

**How about getting out of breath climbing the
stairs?**

**Joints aching when you move about too
much, or stay still too long?**

**And libido? Are you starting to prefer the
idea of a cocoa and a book at bedtime?**

**What about playing with the kids (or
grandkids)? Does that need planning for and
limiting? Or do you end up just watching
them?**

**All of these things are normal thoughts as we
start to age. The constant worries over how
much you can do with your day. Everything
slowing down (except the frequency of toilet
breaks). The many previous failed attempts to
make things better.**

**Did you know it doesn't have to be that
way...**

I'm MARTIN HIGGINS, and over the course of the last 35 years I've helped thousands of people, with concerns just like yours, to achieve (and vastly exceed) their health, fitness and adventurous life goals.

I've been in the same position as you have with your health. I've made poor choices. I've let myself decline. I've been on the edge of developing diabetes. My early 40s were characterised by: aches and pains; a rapidly widening midriff; a lacklustre lifestyle with the initial signs of depression kicking in. I'd been putting so much of my energy towards serving others that I'd forgotten to look after myself.

So yes, I really do know what it feels like to start to get old.

And the good news is there're still a lot of years left in you to use for something better. Ageing is a collection of symptoms. Most of these are symptoms you can choose not to have.

You really have two choices to make. You can choose to do nothing and let all those concerns take their own course. Or you can read on through this guide and start your journey to the life that you deserve.

There is also a third choice you could make - skip to the last page and book a free call with me during which I can walk you through your personalised action plan.

Martin Higgins

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**“A GOAL IS
NOT ALWAYS
MEANT TO BE
REACHED,
OFTEN IT IS
SIMPLY
SOMETHING
TO AIM FOR”**

BRUCE LEE

- CHAPTER 1 -
NUTRITION



**THE BACKBONE OF
EVERYTHING WE DO IS
WHAT WE CONSUME.**

CHAPTER 1: NUTRITION



Nutrition forms the backbone of everything you do with your health. Perhaps the single most misunderstood and misinformed area of human health.

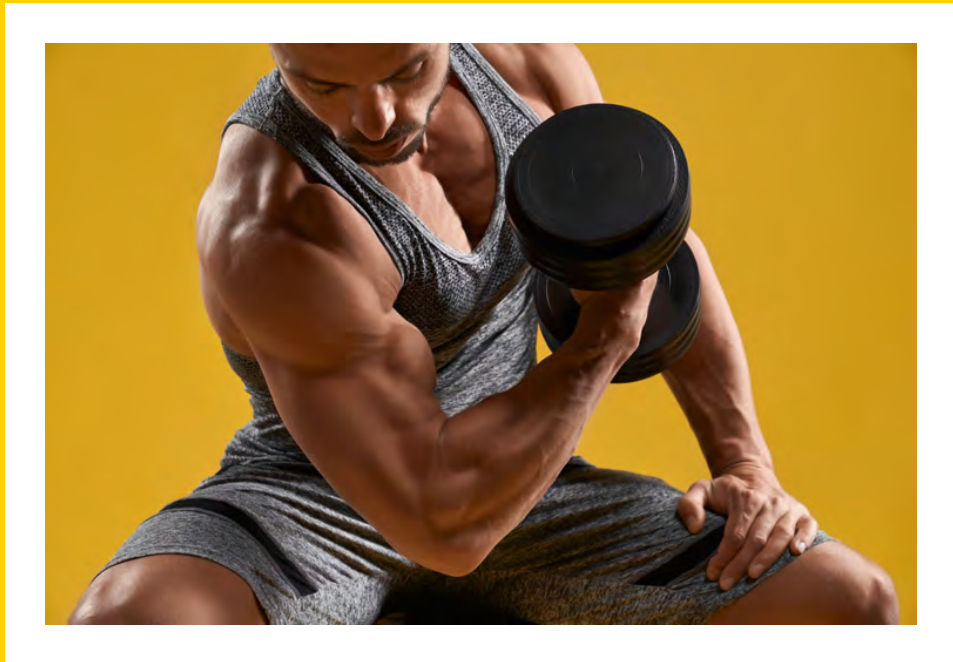
Everyone in the health and fitness world tries to put a spin on what you should or shouldn't eat and drink forgetting (for the most part) that each person has their own unique requirements.

There are some basic, and often ignored, truths of how your cells work and how your systems interact and then it's down to your unique makeup as to what is best.

So my approach is to start with the core of cellular function, move into the interactions of different functions of body systems and then apply the unique requirements of the individual onto that.

Science first, then the human element and a sprinkling of personalisation and flexibility on the top.

- CHAPTER 2 -
STRENGTH



**STRENGTH DEFINES
AND SECURES OUR
LONG TERM HEALTH
GOALS.**

CHAPTER 2: STRENGTH



Like nutrition, strength gets a whole lot of mixed information put out about it.

“You should do this fancy exercise and it’ll make you a superhuman in under 5 minutes a day without breaking a sweat.”

Unfortunately, it doesn’t work like that either. The simple version of the truth is that to tell your body to change you need to give it a reason to do so.

If you want to be more capable, more able to complete everything you plan for each day, then you need to make it clear to your body what this entails.

You need to make it work a bit harder than it has before so it can adapt and be ready to do it again another time.

This doesn't mean you have to hurt the whole time. I'll show you the right things to do, the right way to do them, and the right amount of them to fit in.

- CHAPTER 3 -
MOVEMENT



**MOVEMENT ALLOWS
OUR BODIES TO
ACHIEVE GREATNESS
ANYTIME, ANYPLACE.**

CHAPTER 3: MOVEMENT



Strength allows you to lift heavy things and for your body to achieve greatness. Movement allows it to do that wherever and whenever you need it to.

Under the movement heading I place all the things that we should be able to do that don't require pure strength to achieve them.

Lifting a box is one thing, placing it on a high shelf needs the ability to stretch to that shelf.

Picking up your kids means you need to be able to bend down.

Running to catch a bus means you need to be able to run (your joints need to move, your heart and lungs need to perform their tasks properly and you need to not fall over).

Movement is about making sure your body can actually move.

- CHAPTER 4 -
NATURE



**HUMANS AREN'T
MADE FOR
EXISTENCE WITHOUT
NATURE.**

CHAPTER 4: NATURE



Humans are biological systems. We spent over 3 million years evolving and functioning within natural environments.

It's only really the last few hundred years that we have had to try and fit into urban environments. And even then it's only decades of having artificial environments around us.

We just aren't made for existence without Nature. If we wind the clock back just a couple of centuries we see communities mostly consisting of a few dozen people, larger settlements with a few hundred. Now we have communities where these numbers exist on a single floor of a building and there are many floors and many buildings.

As biological systems operating in natural environments we have developed an affinity for how Nature interacts with us. We get to relax in Nature. Our stresses are taken from us. Our minds and bodies can heal. We don't get sick as much. In short, we thrive in Nature but only barely survive without it.

- CHAPTER 5 -
ADVENTURE



ADVENTURE IN ITS
MANY FORMS HAS
BECOME A VITAL
PART OF OUR
MENTAL HEALTH.

CHAPTER 5: ADVENTURE



Today, adventure is an often completely missed out part of human health.

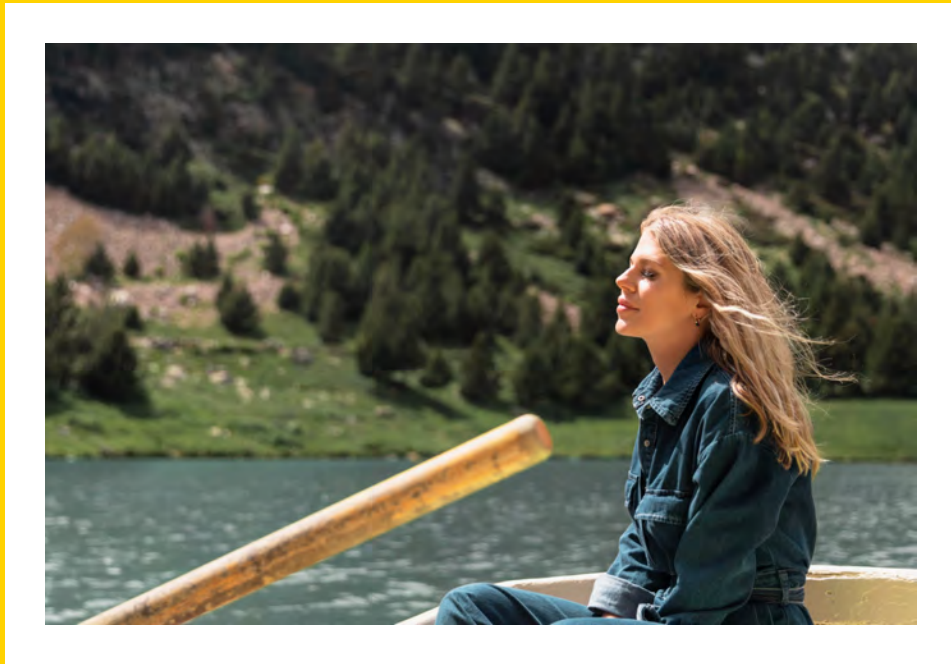
Throughout human history we have developed many integral functions within the brain that thrive on the push that challenging activities give us. In the earlier days those activities were about survival - getting away from predators, accessing nests and hives to get food and all the other things humans had to do to stay alive.

In modern times many of these challenges have gone away as the basics of survival were provided by societies and systems. That left a gaping hole in how we function which some have filled with new experiences.

Adventure can mean many things. It can be the challenge of racing, the excitement of adrenalin sports, the wonder of going to remote places and the progression of exploration.

Our brains need these triggers so adventure in it's many guises has become a vital part of our mental health. Without it we struggle to make sense of ourselves.

- CHAPTER 6 -
REST



**WITHOUT REST, WE MISS
ALL THE BENEFITS OF
TRAINING, NUTRITION, AND
ADVENTURE.**

CHAPTER 6: REST



When we rest is the time when our bodies and our minds can do the repairs and the developments needed to be ready for the set of daily tasks.

Without rest there is no repair. Without rest there is no ordering of information and sifting through what we've learnt. Without rest, we don't gain all of the benefits from our training, learning and adventures. Our gains may be triggered by our activities but the gains themselves occur during rest.

Rest comes in many forms. The very best is sleep. Getting quality sleep daily is vital. We also benefit from downtime and being able to switch off at times during the day. At the very least we should be going really slow now and then. Without suitable rest our bodies and minds will make us slow down whether we're ready to or not so it makes sense that we should be following our own biology's hints and plan it in.

SUCCESS TRACKER WORKSHEET

Use the following worksheet to see how well you're already doing implementing the *SIX CORE ELEMENTS*.

Each question corresponds to a chapter in this book.

Describe your current daily food (total, macros) and current/goal shape.

Answer here

How many times per week do you lift heavy things for 30-60 minutes?

Answer here

**How many times per week do you move about for 30-60 minutes?
Does your daily life include plenty of movement?**

Answer here

SUCCESS TRACKER WORKSHEET

How much time do you spend outside in Nature each day? What do you while you're outside?

Answer here

Do you do anything really challenging, exciting or adventurous?
How often do you do these sort of things?

Answer here

How much sleep do you get on an average night? What wakes you up?
Do you also spend time doing nothing or very little?

Answer here

READY TO GET WELL?

Schedule a **FREE** consultation
call with **MARTIN** to
formulate the perfect plan
tailored to your needs.

**BOOK YOUR
CALL**



I'm going to leave you with a story. Everything is true except for her name.

Primrose contacted me for some help with her weight. She was 65 and had been overweight for her entire adult life. She didn't even know why she was reaching out as she'd given up all hope of ever getting it under control. On top of that she was already convinced she was on borrowed time with a family history of short lives.

She had 'tried everything' and when we spoke that certainly was the case. She had signed up for many diet and exercise plans over the years. Her husband had encouraged her. Her daughter had encouraged her. Both were fit and healthy and very supportive. Yet Primrose had never been below 200lbs for any more than a week since leaving school. Nothing she had ever tried had ever stuck for long. Something had always come along and wrecked things.

I worked with Primrose for 4 months. In that time we went over her approach to eating. It hadn't been bad, just some small adjustments needed there and some common myths dispelled. We looked at her daily activities and found some options that she enjoyed and would help.

After three months she had dropped her weight from 220lbs to 195lbs and it was still going. Needless to say she was overjoyed (I think there may have even been a few tears when she told me how proud she was to have achieved it).

Not only that but the knee pain she'd always had which limited her to around 4 miles of slow walking had gone away and she was able to walk much faster. She'd also bought a bike.

And now the defining moment for me. Her husband of over 40 years, who had always been a keen long distance walker, invited her to go on a walk with him. Due to her being slow and limited in range this had never once happened before. A month later they had booked a trip around Europe together where they planned to walk and cycle frequently for the entire summer.

Primrose was no longer just waiting out her days, she was actually looking forward to a long and enjoyable retirement with her husband.